

The Blue Beret

June 2004



Death of a
Peacekeeper



THE BLUE BERET

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Articles of general interest (plus photos with captions) are invited from all members of the Force.

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The full text of resolution 1548 (2004) reads as follows:

"The Security Council,
"Welcoming the report of the Secretary-General of 26 May 2004 (S/2004/427) on the United Nations operation in Cyprus, and in particular the call to the parties to assess and address the humanitarian issue of missing persons with due urgency and seriousness,
"Noting that the Government of Cyprus is agreed that in view of the prevailing conditions in the island, it is necessary to keep the United Nations peacekeeping force in Cyprus (UNFICYP) beyond 15 June 2004,
"Welcoming the Secretary-General's intention to conduct a review, to be completed within three months, on UNFICYP's mandate, force levels and concept of operation, in view of the 24 April 2004 referenda and taking into account developments on the ground, and the views of the parties,
"Welcoming and encouraging efforts by the United Nations to sensitise peacekeeping personnel in the prevention and control of HIV/AIDS and other communicable diseases in all its peacekeeping operations,
"1. Reaffirms all its relevant resolutions on Cyprus, in particular resolution 1251 (1999) of 29 June 1999 and subsequent resolutions,
2. Decides to extend the mandate of UNFICYP for a further period ending 15 December 2004 and to consider the recommendations of the Secretary-General in his review of UNFICYP and to act upon them within one month of receiving them;
"3. Urges the Turkish Cypriot side and the Turkish forces to rescind without delay all remaining restrictions on UNFICYP, and calls on them to restore in Strovilia the military status quo which existed there prior to 30 June 2000;
"4. Requests the Secretary-General to submit a report on the implementation of this resolution concurrent with the report provided for above;
"5. Decides to remain seized of the matter."

Security Council unanimously extends UNFICYP Mandate

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Front Cover: Death of a Peacekeeper



Adieu Mirko

22 August 22 1980 – 8 June 2004

The UNFICYP family gathered at St. Columba's Church in the UNPA on 13 June to express grief and sorrow over the loss of Sgt. Miroslav Hruška, who tragically died in an accident on 8 June at the young age of 23.

The CO Sector 4, Lt. Col. Martin Baško, addressed the gathering. "We are here together to mourn over the loss of this brave Slovak soldier, to share the grief we all feel, and perhaps in that sharing, to find the strength to bear our sorrow and to find the courage to cope with this great loss.

"Words cannot express the pain and the sorrow that filled our hearts after we learned about this tragic and vain loss of our dear friend and colleague.

"Miroslav was born on 22 August 1980. He was the second child of an army colonel, presently assigned to NATO in Brussels.

"He spent his childhood in the town of Martin in the central region of Slovakia. From a very young age, Miroslav had expressed his desire to follow in his father's steps and become a professional soldier.

"Therefore in 2001, he joined Liptovský Mikuláš Military Academy where he took a one-year course on the Management of the Military Systems. After he had successfully completed this course, he went to work as a Squad Commander at the Training Battalion of the Ground Forces in Martin, his hometown.

"From 2003, to 2004 he worked as a Squad Commander at the NCO Liptovský Mikuláš Military

Academy, where he also attended and successfully completed the Military Instructor's course.

"Miroslav joined UNFICYP, realising a long-standing dream, last March. From the very beginning, he enjoyed working within the international environment where he could prove both his military and language skills. Above all, he was happy and proud he could work for the cause of peace. He also worked continuously on upgrading his own skills. He wanted to gain as much knowledge as possible so that he could further develop in his future career as well as in his personal life.

"He was a popular person and all who knew him admired the way he carried out his duties with enthusiasm and professionalism. Miroslav was a very friendly person. He never hesitated to help others. He liked to play chess, tennis and he

liked to read a lot.

"Mirko, we remember you as a hardworking young man, an exceptional soldier equipped with rich military and language skills, a cheerful and kind young man with ambitious future plans.

"Mirko, this tragic accident happened to you when there was so much more for you to do... You will never be forgotten.

"REST IN PEACE.

"Eternal rest grant unto him, Oh Lord, and let Perpetual Light shine upon him"



Africa Day

On 25 May, Secretary-General Kofi Annan joined the international community in New York to commemorate the 41st anniversary of Africa Day. The Secretary-General recognised "the success of the long struggle for political independence", and praised the African Union and other home-grown initiatives including the inauguration of the Pan African Parliament and the launch in Addis Ababa of the AU Peace and Security Council. The SG also brought attention to "the importance of gender balance in the election of the Commissioners of the African Union, and a woman as the Pan African Parliament's first President".

"Step by step, Africa is constructing an architecture of institutions to promote peace and security on the continent," he said, and welcomed the Security Council's decision to establish a long-awaited UN peacekeeping operation in Burundi (ONUB).

The SG called for an international effort to intensify the search for solutions to ongoing problems. "In welcoming all these positive trends, we cannot close our eyes to the massive scale violation of human rights and consequent suffering in Sudan's western Darfur region, the continuing



Secretary-General Kofi Annan arrives in Khartoum. On his left is Mustafa Osman Ismail, Foreign Minister of Sudan.

tensions in the eastern part of the Democratic Republic of Congo, the current crisis in the Côte d'Ivoire, and other areas of tension on the continent. We must make greater progress in fighting HIV/AIDS, which is taking away Africa's present and its future."

On 30 June, the SG arrived in Khartoum, his stop in the Sudan, just one in an extended tour that includes Chad, Ethiopia and Kenya as well other non-African countries.

Some like it HOT!

By Maj. Zsolt Kiss, MD

The most popular season on Aphrodite's island comes with health hazards, causing short to severe and long-term health impairment. To protect ourselves, we should be alert and aware.

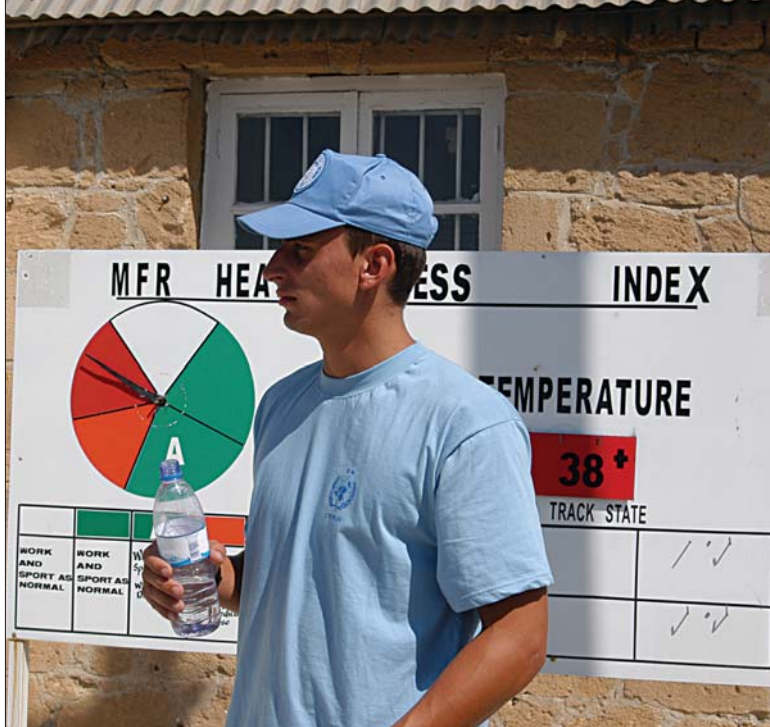
Heat and sun are the two main environmental risk factors we face during the long, hot, Cypriot summer. First off, we should remember that it is essential to maintain a proper body temperature. Exceeding the normal vital range, between 36.1°C and 37.2°C, causes cell malfunction. At 42°C, body temperature, the central nervous system breaks down and 44°C is fatal. Our life functions are constantly generating heat. With heavy physical exercise, the heat is three to five times greater than during rest.

Secondly, the importance of water should never be underestimated since when it comes to heat regulation, water plays a key role as the solvent of blood, i.e. as heat carrier and then by evaporation. Dehydration contributes to heat-related health hazards because the tool for thermoregulation is missing.

Do not believe that a heat injury happens only because of excessive training in extreme heat! Not recognising dehydration can easily cause a heat injury. This can happen even with a lower workload, when humidity is high and when temperatures are lower. Thus, in the Cypriot winter, when humidity can be double that of summer, be aware that you are also at risk of a heat injury.

Proper water intake is the key! During summer, minimal intake should be two-to-three litres per day. However, you should note that over-hydration can also lead to life-threatening conditions, including the possibility of brain oedema. It is very important to realize that thirst is not a trustworthy indicator of hydration. You can easily measure your hydration levels by checking your urine. It should be light yellow. Regularly dark yellow and infrequent urine means your hydration is insufficient. Generally, in harsh environments, self-disciplined frequent drinking is recommended to ensure proper hydration. With a normal diet, there is no need to compensate for loss of minerals when drinking normal amounts.

Due to Ultra Violet (UV) radiation, summer sunshine carries many more hazards for our skin and eyes than



people often think. And it causes more damage than people necessarily feel. Sensitive white skin gets sunburned in 17 minutes under direct summer sunlight in Cyprus. Ten to 15 minutes per day is a healthy amount, enough for essential Vitamin D production. A short-term effect of over-exposure to UV radiation is sunburned skin and inflammatory reactions of the eyes. While skin usually heals fine, the tissues do "remember". In the long-term, the UV load we receive accumulates, causing degenerative changes leading to premature skin ageing, skin cancer, eye cancer and cataracts.

According to estimates by the World Health Organisation (WHO), approximately three million people become blind annually, the result of long-term over-exposure to the sun. UV-related eye diseases can be prevented simply by wearing sunglasses. Considering the aftermath, wearing quality sunglasses is a cost-effective investment.

WHO, in collaboration with other international organisations, developed the Global Solar UV Index (UVI), a useful tool for calculating the UV radiation load. The UVI contains the most important health protection messages as well.

In Cyprus, the UVI during summer is 9-10, which means we should use extra precautions such as avoiding being outside during midday hours, seeking shade whenever possible and always using sunscreen and wearing shirt and hat!

Misconceptions:

- Thirst is not an accurate indicator of your hydration state.
- You cannot replace water intake by drinking beer.
- Tanned skin does not provide a sufficient protection against sun/UV radiation.
- You are exposed to UV radiation in shade and water too.
- Do not apply petroleum jelly, ointment or butter to a sunburn – it does harm.

Remember:

- Keeping fit and healthy helps you cope with summer heat conditions. But acclimatize before increasing your exercise work rate.
- Take plenty of work-rest cycles.
- Check your hydration levels regularly and drink proper amounts of water.
- Plan physical exercise for mornings or evenings – it's cooler.

- Substances like alcohol and caffeine dehydrate your body.
- If you are on medications, ask your doctor whether it reacts to heat or sun exposure.
- Do not start physical exercise when dehydrated.
- Do not drink large quantities of water immediately after exercising (e.g. one litre within an hour of a workout).
- Avoid direct sunshine between 1000 and 1600 hours – find shade.
- Apply sunscreen (at least SPF 15+), making sure to cover face, nose and ears when exposed to direct or indirect sunshine outdoors during summer.

You can find more information on Sun/UV-related medical problems in the INTERSUN, the Global UV project bulletin issued by WHO (available in the Force Medical Officer's folder on the K Drive)

Summer Related Medical Problems

	Symptoms	Cause	First Aid	Prevention
Heat exhaustion	Dizziness, weakness, fainting, nausea, vomiting, dark yellow urine	The inability of the cardiovascular system to fulfill thermoregulatory, muscular and visceral blood flow due to heavy sweating and heat	Move to shade; loosen clothing; lay down; elevate legs; take sips of water; request a MEDEVAC	Sufficient water intake, proper work-rest cycle
Heat cramps	Painful spontaneous contractions of body muscles	Excessive physical training in a hot, humid environment	Move to shade; loosen clothing; lay down; elevate legs; take sips of water and some salt; request a MEDEVAC	Sufficient water intake, proper work-rest cycle
Heat stroke	Hot body, confusion, vomiting, convulsions, unconsciousness	The body's cooling mechanism fails due to prolonged exposure to high temperature; dehydration	Move to shade; loosen clothing; lay down; elevate legs; take sips of water; request a MEDEVAC	Sufficient water intake, proper work-rest cycle
Heat rash	Red itchy skin after excessive sweating	Unclean skin and excessive sweating in a hot environment	Cool the skin with water; do not wash with soap or apply cosmetics; visit your MO	Take a shower before and after exercise
Dehydration	Dizziness, weakness, fainting, dark yellow urine	Insufficient water intake	Move to shade; loosen clothing; lay down; elevate legs; take sips of water; request a MEDEVAC	Sufficient water intake
Overhydration/water intoxication	Headache, confusion, nausea, vomiting, profuse colourless urine	Extreme water intake after excessive sweating	Stop fluid intake and request a MEDEVAC	Proper water intake
Renal stones, Recurrent urinary infections, Constipation and dry skin	Diagnosis-related symptoms	Chronic mild dehydration	Increase your water intake; visit your MO	Sufficient water intake
Skin infections	Red itchy peeling skin or painful cracking. Painful swelling or very painful abscesses.	Fungal and bacterial infections due to increased sweating and dirt	Do not try self-medication; visit your MO	Proper personal hygiene
Gastrointestinal infections	Fever, vomiting, diarrhoea	Viral and bacterial infections	Sufficient water intake; visit your MO	Proper personal and community hygiene
Sunburn	Red, tender, warm skin, possibly with blisters	Short-term over-exposure due to UV radiation	Keep yourself hydrated; cool the skin with water; find shade. If large blisters develop, visit your MO; do not burst blisters.	Avoid direct/strong sunshine; apply sunscreen
Solar urticaria	Itchy inflamed spots on the skin	Short-term over-exposure due to UV radiation	Avoid using any substance; if it is over a large surface, visit your MO	Avoid direct/strong sunshine; apply sunscreen
Photo allergic dermatitis	Redness, itchiness, inflammation	Short-term UV radiation changes the chemical structure of the topically applied substance (after-shave, perfumes, etc.); may become allergic	Remove the substance/dirt with clean water (avoid using anything other than water). If the infected area is large, visit your MO	Clean your skin and do not apply substances other than sunscreen before any outdoor activity
Drug-induced photosensitivity	Sunburn symptoms	Medication sometimes makes the skin sensitive to short-term over-exposure to UV radiation	Keep yourself hydrated, cool the skin with water, find shade. If large blisters develop, visit your MO; do not burst blisters.	Check your medication with your MO; avoid direct/strong sunshine; apply sunscreen
Premature skin ageing	Skin becomes drier and more wrinkled; spots and growths appear	Long-term over-exposure to UV radiation	Irreversible	Long-term outdoor skin protection (clothes, shade, sunscreen)
Skin cancer	1. A new growth on the skin. 2. A change in an existing skin growth. 3. A sore that does not heal.	Long-term over-exposure to UV radiation	Visit your MO	Long-term outdoor skin protection (clothes, shade, sunscreen)
Inflammatory eye diseases	Painful red eye	Long-term over-exposure to UV radiation	Visit your MO	Wear quality sunglasses
Degenerative eye alterations	Visual problems	Long-term over-exposure to UV radiation	Visit your MO	Wear quality sunglasses
Cataract	Cloudy vision; double vision; sensitivity to bright lights	Long-term over-exposure to UV radiation	Visit your MO	Wear quality sunglasses
Eye cancers	Painless loss of vision	Long-term over-exposure to UV radiation	Visit your MO	Wear quality sunglasses

40th Regiment Royal Artillery (The Lowland Gunners)

The 40th Regiment Royal Artillery was first formed in Germany in 1947, although the histories of its individual batteries can be dated back to the 18th century. The Batteries of the Regiment deployed on Op TOSCA are 38 (Seringapatam) Battery as the MFR, 137 (Java) Battery Sector 2 East, 129 (Dragon) Battery Sector 2 West and 49 (Inkerman) Headquarters Battery.

Although containing soldiers from all over the UK and Commonwealth, the Regiment recruits predominantly from the lowlands of Scotland. It maintains strong links with the region, and is proud to bear the title of The Lowland Gunners.

Since their formation, The Lowland Gunners have seen active service in Suez, Cyprus, Borneo, the Falkland Islands, Northern Ireland, the first Gulf War, Bosnia, Kosovo, and have most recently returned



Rooftop OP – Iraq 2003

from a highly successful tour of Iraq. During its time in Iraq, the Regiment undertook the initial peacekeeping phase, although several members of 129 Battery also deployed on war fighting operations attached to other regiments.

The Regiment is currently equipped with the AS90 Self Propelled Howitzer, capable of delivering three 90lb shells to a range of 24km in less than 10 seconds.

In 1998, the Regiment returned from Germany to its current home at Alanbrooke Barracks in Topcliffe, North Yorkshire. The Lowland Gunners enjoy a strong reputation as a sporting regiment, and have excellent tug-of-war, football, rugby, biathlon and snowboarding teams.

AS90 Self Propelled Guns en route to ranges – Iraq 2003



New CO Sector 2, Lt. Col. Richard Nugee

Lt. Col. Nugee was commissioned into the Royal Artillery in 1986. He served in 32 Heavy Regiment Royal Artillery, at the time equipped with the 177mm Self Propelled M107, in Dortmund, Germany, as a Troop Commander and completed two tours of Northern Ireland as a multiple commander, the first in the Maze, Belfast, and the second in the Omagh/South Armagh area.

In 1989, he was posted to 3rd Regiment Royal Horse Artillery in Paderborn, Germany, as a Forward Observation Officer. During his time, the Regiment re-equipped from the 105mm Self Propelled Abbot to the 155mm Field Howitzer 70 and arms plotted to Topcliffe, North Yorkshire. He was also a Battery Captain and then Adjutant and completed a further two tours of Northern Ireland.



In 1994, he was posted to the Royal Military College Shrivenham for Division II and in 1995 to Camberley on the Army Staff Course. On completion, he moved to the Directorate of Manning (Army) as the Staff Officer 2 for Officer Policy in London and Upavon. In 1998, he took command of D Battery, Royal Horse Artillery in Hohne, Germany, and completed tours in Bosnia in 1999 and Kosovo in 2000/01 as Battery Commander and subsequently Second-in-Command. In January 2001, he was posted to the Joint Services Command Staff Course as part of the Directing Staff. In May 2003, he took over as Commanding Officer 40th Regiment RA in Topcliffe, North Yorkshire.

Lt. Col. Nugee is married to Fra and they have two young sons. His interests include skiing, sailing and shooting.

Charitable Donation from Spring Ball Proceeds

The UNPA Officers' Club recently presented the Cyprus Muscular Dystrophy Association, through the Cyprus Institute of Neurology & Genetics, with a cheque for £500, the proceeds from a Grand Charity Raffle held during the UNPA Officers' Club Spring Ball on 26 March 2004.

The money went towards purchasing an electric scooter for Unsal Dijes, a young member of the Cyprus Muscular Dystrophy Association, who suffers from "Duchenne" neuromuscular disorder. The rest of the funding was raised by Unsal's parents and the MDA.



UNFICYP Force Commander Maj. Gen. Figoli presenting the cheque on behalf of the UNPA Officers' Club to Mr. Alec Kakoulis of the Cyprus Muscular Dystrophy Association and Ms. Vicki Tsagaridou, the Telethon & Fundraising Officer. Maj. Mike Waymouth, President of the UNPA Officers' Club, and Diana Bridger, the Spring Ball organiser, look on.



Unsal on his new wheels – with his parents and friends looking on

Unsal was presented with his scooter on 25 May at a small party at the Institute of Neurology & Genetics. He was so excited with his new wheels that he did not stop driving it until the battery ran down! The event was covered by CyBC TV. The programme, to be shown on BIZ on CyBC2, will highlight the bi-communal character of the Institute of Neurology & Genetics and the excellent work they achieve.

Blood Donations in UNFICYP

Once again, UNFICYP supported an island-wide blood drive by medical associations seeking donors.

As ever, the mission responded with alacrity. Eight members in Sector 1, 32 in Sector 2, 44 in Sector 4 and 21 in the UNPA rolled up their sleeves and bled for a good cause.

Well done everyone!



Chilean Army CO visits UNFICYP

Maj. Gen. Juan Emilio Cheyre Espinosa, Commanding Officer of the Chilean Army, visited UNFICYP on 19 June, inspecting an honour guard at UNFICYP HQ before calling on the Force Commander with whom he exchanged gifts.

After attending an UNFICYP briefing, Maj. Gen. Cheyre flew by helicopter to San Martin Camp where he visited the soldiers of Sector 1 and met with the 32 Chilean personnel serving in Alpha Coy.



Maj. Gen. Figoli with Maj. Gen. Cheyre

The Cultural Heritage of Cyprus — Part XXIV

Büyük Han: The Great Inn



Nicosia

Situated in northern Nicosia, the Büyük Han, or “great inn”, is typical of the inner-city commercial inns that could be found during mediaeval times in the Ottoman region of Anatolia.

Also known as “karavan saray”, these inns would provide overnight shelter and protection from banditry for traders and other travellers, and their horses or camels. The Büyük Han, the largest of these inns in Nicosia, is now one of the most important monuments of the Ottoman period that remain on the island.

Muzaffer Pasha, the first Ottoman Governor of Cyprus, built the Büyük Han in 1572, making it one of the first priorities after the Ottomans took control of Cyprus in 1571. Located on the southwest side of Asma-altı Square in Nicosia, it occupied an important position, close to the pazar (market) so that it would be convenient for the traders.

The two-storey Han was built of dressed stone in the form of an open rectangle, so that the four outside walls of the building created a fort-like façade, and the four inside walls surrounded an interior courtyard. There were just two entrances into the Han: the main gate was on the east side – marked with a door made from marble that was excavated from sites on the island – with a second entrance on the west.

It remains an enormous and impressively designed building, with an interior courtyard that is decorated by a framework of transverse vaults and covered arches that open into 68 guest rooms. In the centre of the courtyard, a mescid (miniature mosque) provided a place where guests could perform their ritual ablutions and worship.

The ground floor rooms would have been used as shops, stabling or storerooms. Guests would have stayed on the upper floor, in rooms that were well lit, and enhanced with shelves. Many of the rooms were also equipped with fireplaces, as can be seen by the elegant, thin chimneys on the Han’s roof.

The Han was used by the British in the 1800s as a prison, and then, after 1893, as a place where destitute families could find shelter. In 1963, repairs resulted in the south range of the inn being completely demolished and the southwest corner being rebuilt in a style that did not conform to the original. Restoration of the Büyük Han began in 1983, and was completed in 2001.

As a result, the Büyük Han retains its Anatolian characteristics, which, interestingly, are similar to the hans found in Bursa, Turkey that date to between 1489 and 1491.

The Büyük Han Today

Today, the Han’s entrance remains on its eastern side, providing passage into the interior courtyard. The courtyard is surrounded on all four sides by two storeys of cross-vaulted arcades (porticos) or pavilions that lead into the rooms, each of which features a barrel vault. The upper and lower arches facing the courtyard have cylindrical columns, connected by double centred-point arches.

The courtyard’s eastern side contains 10 shops, many of which have returned to their original use, selling such items as textiles and coffee. The shops also open to the exterior of the Han, which would have allowed the shopkeepers to offer their goods to more than just those staying within the Han’s walls.

Because the rooms at ground level were not used as guest rooms, they originally had windows only overlooking the courtyard: the windows on the outer walls that can be seen today were later additions.

Two flights of 21 steps, at the northwest and southeast corners, lead to the upper storey. The rooms here, leading from the arcaded pavilions, have segmental arched doorways, and their windows, which look outwards onto the streets below, are rectangular with relieving arches above. The guestroom windows were placed high, possibly to avoid robberies. Note that the room above the main gate is bigger than the others.

The Han’s stone chimneys, which are found on its northern side, each stand 1.5 metres high, with hexagonal bases and cone-shaped tops.

The octagon-shaped mescid, or small mosque, in the centre of the courtyard was built in the form of a kiosk set on marble columns, surrounding a fountain that contains a central jet. In 1820, water taps were placed around the fountain to allow for the ritual ablutions. The columns are connected with Turkish-type arches, similar to the ones found in mihrabs (the niche inside a mosque that indicates the direction of prayer towards Mecca). An external stairway at the side of the mosque leads to the mosque entrance. The interior of the mosque consists of a small room, with a relatively big dome and large windows on all eight sides.

The Han, now used for commercial purposes, features a market place with demonstrations of traditional crafts including weaving, woodwork, pottery and ceramics, painting, needle- and tapestry-work, etc.

People from all walks of life drop in to pass the time of day, often staying to have a coffee or a bite to eat. There is a thriving restaurant serving traditional Turkish Cypriot delicacies. Live music adds to the ambience on Tuesday and Friday nights.



Staircase leading to the upper floor



The western entrance to the Han



Illustrating the Han’s architectural history



The small central “mescid” (mosque) which is now unused



Busy arcades



Baking traditional pastry



Sewing silkworm cocoons



Intricate pottery work

Olympic Fever

Inspector Andy McDonough arrived in Cyprus for a one-year tour as OI/C of Sector 1 CIVPOL (Dhenia) in August 2003. His job involves regular contact with the Civil Affairs Team of ARGCON. Together, they liaise with the Greek Cypriot police and local civilians dealing with matters such as permits for farmers and other issues within the buffer zone in their area of responsibility.

Andy is a well-travelled man. Born in Massachusetts of Irish parents, he lived in the U.S. until the age of seven. On his father's retirement from the Boston Police Force, the family returned to Galway in Ireland. Andy attended St. Joseph's College where he took up rowing as a sport. Known on the web as the "Bish Rowing Club" (after the Bishop of Galway who helped found the club), Andy thrived in the sport, winning two schoolboy championships.

On finishing secondary school, Andy joined the Garda Siochana and continued with his rowing activities. In 1974, he won the Senior 4's and Senior 8's in the Irish national championships. In 1975, he represented Ireland in the world championships in the Senior Coxless 4 in Nottingham, and also the Thames Cup in the Senior 8's at the Henley Royal Regatta.



Andy today – with a little less hair perhaps...

In 1976, his hour of glory finally came. He was selected to represent Ireland in the Montreal Olympics in the Senior Coxless 4. At that time, there was no financial backing, or the opportunity to take time off work or a career break, so all training had to take place after working hours and on rest days. No problem for Andy – he was still single at that time!

"It was a great honour to be chosen to row at the Olympics for my country. The preparations – the journey there – the settling into the Olympic Village and meeting our fellow participants – everything was so well organised. But the opening ceremony was indescribable – you have to be present to understand how moving it all was.

"Rowing normally takes place in the first week of the Olympics. My team didn't do so well, but in fact a Garda Siochana Coxed 4 finished seventh at the Games, which, all things considered, was a remarkable achievement.

"Once our event was over, we as participants had the choice of returning home straight away or staying on in the Olympic Village until the end. I opted for the latter!



Andy in 1976 in Montreal

Those of us who stayed were provided with a pass to go and watch our favourite events – for me this was the athletics, in particular Eamon Coughlan, a famous Irish runner, and Sebastian Coe from the UK.

"Then there is the closing ceremony – again an outstanding and very emotional celebration. The whole Olympic experience was something none of us will ever forget."

Following Montreal, he continued rowing in the Garda Siochana's boat club and was again selected for the 1980 Olympics, which this time was held in Moscow. Unfortunately, due to a back injury, he was unable to regain his position in the Coxless 4, but he travelled to Moscow as a reserve for the Irish rowing team.

Now that the Olympic Games are drawing near again, Andy would like to go to Greece to get the old "feel for the place", particularly since Athens is where it all started. Due to family commitments, he is not able to go to the Games themselves, but he hopes to pay a flying visit a few days before it all starts.

Andy says: "I know some of the representatives on the Irish Olympic Council, and I've heard that some of the Irish competitors are coming to Cyprus two weeks before the start to train and acclimatize themselves. I hope to get to meet some of them.

"And I am pinning my hopes on Ireland's participation in the Lightweight Double Scull (World Sculling Champion Sam Lynch and Gearoid Towey), and also the Lightweight Coxless 4 (including Niall O'Toole, the Lightweight Sculling Champion 1994)."

Paralympics training in UNPA



Earlier this year, top British paralympic athletes used UNPA facilities while in Cyprus training for the coming Olympics.

New (and Familiar) Faces

Taking on a new post generally comes with excitement, transition, and the scrutiny of unfamiliar supervisors and co-workers. In the month of June, we welcome three new and two returning colleagues.



Sally Anne

Sally Anne Corcoran is our energetic new Civil Affairs Political Officer. Her impressive UN experience of over nine years includes working as Special Assistant/Speech Writer to Under Secretary-General of UNOG (United Nations Office in Geneva) Vladimir Petrovsky and as Special Assistant to the Acting High Commissioner for Human Rights, Bertrand Ramcharan. Sally Anne's previous mission experience was in Haiti (UNMICH) and the former Yugoslavia (UNTAES). Her greatest



Ioanna

challenge, motherhood, is scheduled for September. Congratulations Sally Anne!
Ioanna Michalopoulou is the new Personnel Clerk. Her immediate warmth is a good indicator that she's got what it takes to deal with the challenges in Human Resources. Her first UNFICYP project will be the administration of medical insurance plans. Ioanna's previous experience includes working for many international companies. Her last job was with UNHCR.



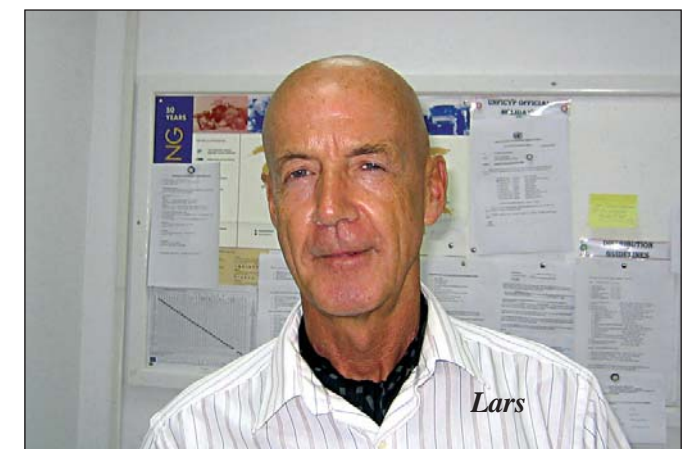
Kritos

Erotokritos Erotokritou has been recruited to the post of Inventory & Supply Clerk in the Assets Management Unit of General Services. Working in the Receiving & Inspection Unit, Erotokritos, or "Kritos" as he prefers to be called, will oversee the delivery of fresh, dry and frozen rations for the mission. His experience in management was acquired in New York where he lived for 15 years (where "fresh", "dry" and "frozen" are terms more frequently found on the weather forecast!).



Anita

We also have two returning staff members. Anita Thomas is very happy to be back as the Liaison Assistant, even if only temporarily as a mission replacement. For Anita, the work in the Civil Affairs Branch, particularly maintaining close relations with the communities in Karpas, is greatly rewarding.



Lars

Finally, Lars Wielandt returned from TDY (Temporary Deployment) mission assignment in Bougainville, Papua, New Guinea where the UN Department of Political Affairs has a political and peace-building mission. He served as the Officer-in-Charge of Administration.

Finnish Defence Forces Flag Day

On 4 June, the Finnish Contingent in Cyprus invited members of UNFICYP and the island's Finnish residents and their friends to the Hilton Park Hotel to celebrate Finnish Defence Forces Flag Day.

Once guests had assembled, Commander FINCON, Lt. Col. John Laukka, gave a welcome address. Following this, the Force Commander, Maj. Gen. Hebert Figoli, presented one third of the Finnish Contingent – Maj. Kimmo Yrjänen, the Force Signals Officer – with his UN medal.



The Chief of Mission with his versatile tie – the blue and white one he wears to Argentinian, Finnish, Greek and Uruguayan celebrations!

In his address, Lt. Col. Laukka said: “There are two major celebrations in the Finnish Defence Forces calendar. The first is Independence Day (6 December), and the second is this occasion. On these two dates back home, most of the promotions are announced and medals are presented. We in FINCON like to keep the same tradition here in UNFICYP.

“As my wife Ritva and I are leaving the mission soon, I would like to take this opportunity to thank everyone I have met during my time with UNFICYP for their help and cooperation and to bid them a fond farewell.” Lt. Col. Laukka is returning to Finland to the Häme Regiment in Lahti as the Project Leader in establishing a new field medical centre for the Finnish Defence Forces.



Maj. Kimmo Yrjänen with his UN medal

Chief of Mission Zbigniew Wlosowicz addressed FINCON and their guests. “The first peace envoy to Cyprus, Mr. Sakari Tuomioja as you know, was a Finn”, recalled Mr. Wlosowicz. He expressed the UN’s gratitude for the many Finnish contributions in serving the peace cause with UNFICYP.



Finnish flags bedeck an array of Finnish delicacies, including Finnish cheeses, reindeer meat (not Rudolph!) and salmon

30 Years with the UN!

To mark 30 years of service as a Field Service Officer with peacekeeping operations, Mike Moriarty, UNFICYP’s Chief General Services and tiptop tango devotee of the terpsichorean arts, was presented with a certificate of appreciation by Frank Clancy, the Chief Administrative Officer, on 12 April.

As all who have benefited from his wisdom know, Mike’s long service with the organisation enriches his continuing contribution to the work of UNFICYP.

From the left: Charles Mix (CCPO), Mike Moriarty, Frank Clancy and Stella-Maria Demetriou (Admin Asst to CGS)



A Day with SCAT 4

By MCpl. Peter Szigeti

Each Sector in UNFICYP provides for a Sector Civil Affairs Team (SCAT). Together with UNCIVPOL, the SCAT helps the Civil Affairs Branch in its efforts to restore normal living conditions for communities inside and outside the buffer zone through providing humanitarian assistance and support for bi-communal events.

Under the command of Hungarian Capt. George Vartman, the tasks of SCAT 4 (from Sector 4) can be divided into two categories – humanitarian and economic. The most important humanitarian tasks are regular visits to the Karpas region. This includes visiting the homes of the Greek Cypriots living in the region to deliver a weekly supply of basic needs and for monthly social welfare visits. Among the principal economic tasks carried out is the issuance of buffer zone farming and industry permits, job permits, access and car parking permits.

Thursday, 3 June, is a normal working day. At 7:30am, SCAT 4 meets in the office in full strength. The day’s work schedule includes the regular “money run” or monthly social welfare visit. We look forward to seeing our colleagues as well as the people that we will be assisting.

A few minutes later, Sgt. Philip Maree of UNFICYP enters the office. Noted for his good humour, he seems well prepared for the job. After an exchange of cordial greetings, he makes a few calls to ensure that everything has been arranged at the UNPA and that the money is on the way. Later, as we proceed in Philip’s UNFICYP vehicle, we realize that he is not only an excellent colleague and friend, but a good driver too. Philip respects traffic signs and the speed limit. No “beep beep” is heard from the car-log that monitors speed. Safe in the hands of a good driver, we can concentrate on work-related matters and discuss them in the vehicle. Capt. Vartman leads the discussion and task distribution. Everyone must know precisely what his role is in order to successfully accomplish all of the day’s assignments.

Within less than an hour, we reach the Karpas Liaison Post (LP) in Leonarisso. Deputy Commander of the LP, Cpl. Patrik Resko, welcomes us. Within a few minutes Interpreter, Ms. Loukia Vassiliou, enters with Gda. Chris Brosnan and SSgt. Paul Sherring, from Ledra UNCIVPOL. They are in charge of the social welfare distribution. We then go to the local police station to pick up the Turkish Cypriot policemen who complete the team.



Four-star lunch!



SCAT 4 on a welfare visit

The first stop of our duty tour is right in Leonarisso, where one lady waits for us in her home. An older woman inquires as to why she has received less money than the previous month. She is immediately informed that last month she received an Easter bonus. Within a few minutes the welfare visits are successfully completed – the community in Leonarisso is very small.

The second stop is the village of Ayios Andronikos. A married couple is delighted to meet us and receive their monthly monetary supplement, which will help towards finishing the construction of the second floor of their family house.

Ayia Trias village is the third stop of the “money run”. Everything goes as smoothly as planned. Capt. Vartman, MSgt. Kovac and I assist Chris and Paul in the distribution process.

On the way to Rizokarpaso, we stop at Ayios Thyrsos. Chris surprises us by telling us that he likes to listen to people speaking in Slovak. As we travel along, we continue to discuss languages. Capt. Vartman explains the origin of his mother tongue, Hungarian – he has a very extensive knowledge of its history. As we approach our last destination, George finishes his educational lecture by pointing out the similarity of words used in Hungarian and Turkish. The policemen accompanying us are amazed. We find that Hungarian word for “pocket” is “zseb” and “cep” in Turkish. Similarly, “apple” is “alma” and “elma” respectively.

The fifth and final stop is the small town of Rizokarpaso where Greek Cypriots are gathered at a local coffee shop. They see us coming and wave. Respecting the village custom, women are seated separately from the men in the restaurant. This is an unusual picture for a young European peacekeeper.

Allowances are collected in an orderly fashion as we call one person at a time. Chris, Paul and George are careful to obtain a signature from each recipient of these valuable envelopes. Ivan, Peter and Patrik assist as much as possible. Everything is performed by UN personnel and police with the highest respect for the communities.

Once the social allowances are paid, it is time to return to the Karpas LP where nothing less than a “four star hotel lunch” is waiting for us. We enjoy the delicious late afternoon meal. Cook Cpl. Lubo Treabatsky is glad that he has also contributed to the day’s success.

Being back at Camp General Stefanik in Famagusta does not mean that we are done. Capt. Vartman analyzes the developments of the day and jots down a few notes in his notebook for the Weekly Report. As soon as the office work has been completed, he shakes our hands and thanks us for a job well done. We all leave the office happy and satisfied with our peacekeeping duties.

Hats off for the Blue Beret Blues!

It has recently come to the attention of the *Blue Beret* Office that the wearing of the blue beret, the legitimate headwear of United Nations serving military and police personnel, can sometimes be something of a "headache". A representative cross-section of military and police personnel in UNFICYP shared their views on the subject of headgear with us.

Says Ingrid Steuer from the Netherlands: "I respect the symbol of the UN and I recognise its value, but it is my considered opinion that this beret was definitely not designed with a woman's head in mind. It is generally accepted that most women like to take care of their appearance, and in this respect, hair plays an important role. Not five minutes after I wear my beret, my hairdo is completely flattened."



Blue berets

"Having worked with the UN for a while now, I find it a friendly and modern organisation. However, I would have hoped that a little more thought could have been put into the female headwear."



Hats on

A frank-speaking Australian policewoman says forthrightly: "I can't stand these berets! I only wear mine when I have to, but I always have it with me (usually in my trouser pocket). In Australia, we wear broad-brimmed hats, which are designed to protect us from the sun, due to the high skin cancer rate back home. It is much more comfortable, and I would have thought more appropriate for a country such as Cyprus. All this beret does is flatten my hairdo and make me sweat more!"

Says our own Ingrid Tomeková from Slovakia: "I find that wearing the blue beret can be uncomfortable. Of course I'm proud to wear the insignia of a peacekeeper, but surely there must be a practical alternative to the beret. I try hard to take a pride in my appearance, but this blue beret just ruins any success I might have with my hair. In Slovakia, our headgear is much more hair-friendly for women."

Maybe, just maybe, our male peacekeeper fraternity is equally "dis-tressed"?

After all, whoever thought wearing a pure wool beret on your head in 40 degrees plus looked "cool"?

Seriously though, hair-raising issues apart, the fact that broad-brimmed hats provide more effective shading and are therefore more effective deterrents against possible skin cancer surely merits examination!

Comments welcome. Please contact the *Blue Beret* on extension 4550 or, better still, write us so we can share your views with our readers.

Who Keeps The Fish?

Albert Einstein wrote this riddle in the early 20th century. He said that 98% of the population would not be able to solve it. So, good luck!

Information

- In a street there are five houses painted five different colours. In each house lives a person of a different nationality.
- The five home-owners each drink a different beverage, smoke a different brand of cigar, and keep a different pet.

The question is:

"Who Keeps The Fish?"

The winner will receive a prize from the PIO.
Just call in with the right answer on:
Extension: 4550 or 4409

Hints

- The Brit lives in the red house.
- The Swede has a dog.
- The Dane drinks tea.
- The green house is on the left of the white house.
- The owner of the green house drinks coffee.
- The person who smokes Pall Mall has birds.
- The owner of the yellow house smokes Dunhills.
- The man living in the centre house drinks milk.
- The Norwegian lives in the first house.
- The man who smokes Blends lives next to the one who has cats.
- The man who has horses lives next to the man who smokes Dunhills.
- The man who smokes Blue Master drinks beer.
- The German smokes Prince.
- The Norwegian lives next to the blue house.
- The man who smokes Blends has a neighbour who drinks water.



Celebrating Argentina's National Day

On 25 May, the National Day of Argentina was celebrated at Camp San Martin. Back in 1810, this day marked the first step that would lead to the full independence of the South American country from Spain, finally achieved years later.

The day was commemorated with a ceremony presided over by UNFICYP Chief of Mission Zbigniew Wlosowicz and many officials including the Force Commander, Maj. Gen. Hebert Figoli, the Senior Adviser, Wlodek Cibor, the Chief of Staff, Col. Ian Sinclair, the Ambassadors of Cuba, Ireland, Spain, Switzerland and the British High Commissioner.

The ceremony, held at the camp's pool area, began with the Parade Commander, Lt. Col. Gustavo Carlos Cattaneo, presenting the troops to the Force Commander who, accompanied by the Chief of Mission and the Argentine Contingent Commander, saluted them.



Taking the salute

Following the national anthem, Sector 1's chaplain said a prayer and blessed the UN medals which were later presented to six members of the UN Flight.

Then Lt. Col. Gustavo Motta gave a short speech to honour the day, stressing the fact that the revolution of May 1810 was not an isolated or spontaneous event, but a crucial one in the history of Argentina and a result of both internal and external factors that have marked and created a new nation.

After the Argentinian National Flag was marched off, and in order to add a touch of festivity to the celebration, guests were invited to watch a brief tango and folkloric dance.

The ceremony was concluded by a traditional breakfast served at the Officers' Mess, where everyone enjoyed typical Argentinian delicacies.



Pinning the UN medal on

Booked by the FC!

By WO2 J. Moss

On 24 May, the Force Commander, Maj. Gen. Hebert Figoli, visited the Force Military Police Unit (FMPU) in the UNPA. The purpose of the visit was to update Gen. Figoli with various issues and to show him how we go about the business of providing a military police service to UNFICYP.

On arrival, Gen. Figoli was met by the Force Provost Marshal (FPM), Maj. Mick Bottomley BEM, and the 2ic, Capt. Robert Litavec. First stop was the FPM's office for a coffee and a home-made cake, kindly provided by Alexandra Owen, one of our support staff!

After a briefing by the FPM on key issues, Gen. Figoli then got to grips with some of the tools of our trade, notably the Ultra Lyte speed-gun. The General was taken by one of our patrols, commanded by MSgt. Gondos, to visit various accident black spots and – much more importantly – to try and catch some speeders! Unfortunately, as is often the way, everyone was on their best behaviour. It would have been quite a shock for anyone to be "booked" by the Force Commander!

Back at FMPU, Gen. Figoli was given a practical demonstration of police training. A mock crime scene had been prepared by our two Scenes of Crime Officers (SOCO), SSgts. John Murray and Danny Bevan of the Specialist Investigation Section (SIS). A scenario was

developed where a robbery had taken place and the perpetrators escaped on foot. The FC was shown how a SOCO recovers exhibits of blood, fibre, footprints, vehicle car tracks, etc., in order to link those responsible to the scene.

Finally, the FC was given a tour of the unit lines. He departed with a greater awareness of the role, responsibilities and resources of FMPU, and inside knowledge on how to catch those speeding motorists!



General alert!



UNITED NATIONS PROTECTED AREA

STOP

Passes Please!